



# The Kidney Corner: Phosphate and your kidneys

By Dr. Mark Saddler  
Durango Nephrology Associates

Phosphate is a dietary nutrient that is necessary for optimal function of many cell processes, energy production by cells, and for healthy bone formation. It is present in many different foods, and dietary deficiency of phosphate is rare. Foods that are particularly high in phosphate include dairy products, meat and beans. Phosphate is particularly high in cola drinks.

There is some evidence that, even in people with normal kidney function, excessive intake of phosphate can cause problems with bones. However, it is kidney disease patients who are at particular risk from high phosphate levels.

Under normal circumstances, phosphate in the diet is easily absorbed from the gastrointestinal tract, helped by the presence of vitamin D. When the kidneys are healthy, they easily remove excess phosphate, so it's unusual to see abnormally high phosphate levels in people with normal kidney function.

However, when kidney function is impaired, phosphate overload occurs quite frequently. The excess phosphate causes a decrease in the calcium available to make new bone and sets a cascade of events in motion, affecting several hormones that wors-



en the bone problem. Worse still, the high phosphate levels lead to deposition of calcium in areas of the body where it can cause harm. For example, calcium deposition in blood vessels results in the vessel walls becoming thick and stiff, contributing to cardiovascular disease, high blood pressure and decreased perfusion of vital organs. Calcium deposition in the skin and subcutaneous tissue can also cause a very painful and life-threatening condition called "calciophylaxis." So it's very important to avoid phosphate overload in patients with kidney disease. The most important way to try to do this is by reducing the amount of phosphate in the diet. As anyone who has tried to lose weight by dieting knows, it's difficult to change dietary

habits! But this change is crucial for kidney disease patients with high phosphate levels. To make matters more complicated, kidney disease patients often need to try to maintain their protein intake while limiting phosphate intake. Dairy products and cola drinks are usually the main issues to avoid; for others, peanuts can be the culprit. A trained kidney dietician can help to individualize a diet plan for kidney disease patients with high phosphate levels. There are also medications that can help avoid absorption of phosphate from the diet. These medicines bind the dietary phosphate in the gut at the time; so they have to be taken with meals to be effective. Unfortunately, they can be difficult to take — for one thing, patients have to remember to have the medicine with them every time they eat! Some are not very potent and necessitate taking several tablets with each meal (some patients complain that by the time they have taken five or so phosphate binders before their meal, they're not hungry anymore), and others may have stomach side effects. For patients on dialysis, an increase in dialysis time can help with phosphate control by removing more of the phosphate with each dialysis treatment.

## The cutting edge of fitness



photo Jeremy Wade Shockley/SU DRUM

Fitness trainer and Southern Ute tribal member Ian Thompson shows off one of the exercise platforms on the new Cybex equipment stations at the SunUte Community Center on Friday, Feb. 24. After 10 years of operations, SunUte has upgraded its fitness equipment. Thanks to the Southern Ute Indian Tribal Council, the facility's goal of staying on the cutting edge of physical training has been realized with the purchase of the new equipment.

## Ready, set, Zumba



photo Jeremy Wade Shockley/SU DRUM

Claudette Watts opens her afternoon Zumba sessions at the SunUte Community Center to the energetic youth of the Boys & Girls Club of the Southern Ute Indian Tribe on Thursday, Feb. 23.

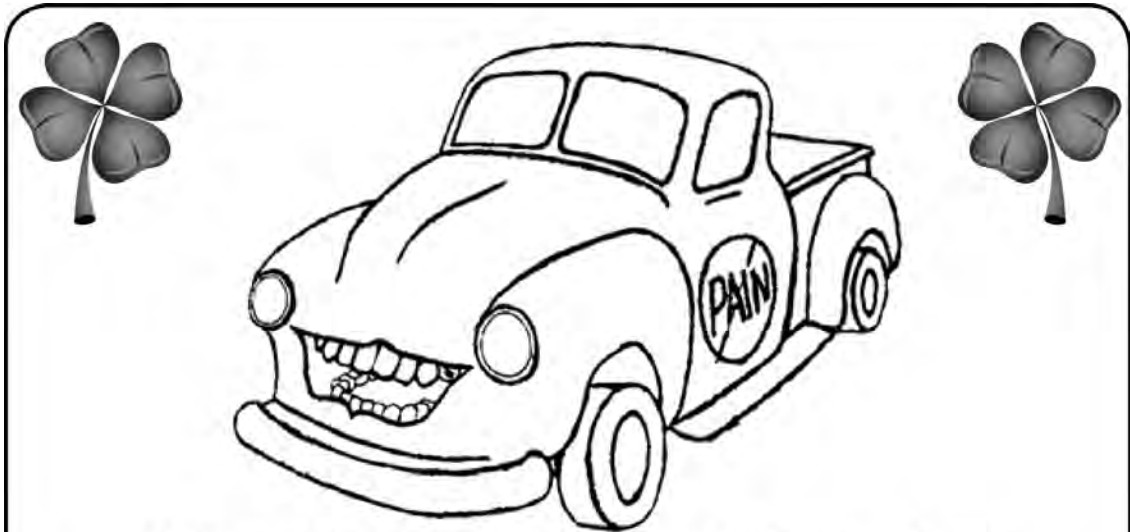
# March is Brain Injury Awareness Month Understanding social relationships after a brain injury

News release  
San Juan Basin Health Dept.

The public is invited to a special presentation on March 14 for Brain Injury Awareness Month. "Understanding Social Relationships after a Brain Injury" will take place from 4 to


5:30 p.m. at Mercy Regional Medical Center in Meeting Room A. Dr. Valerie Stone, a nationally recognized expert on social and cognitive deficits, will speak and answer questions on Traumatic Brain Injury during this state-wide webinar event. The webinar aims to be partic-

ularly helpful for TBI survivors, caregivers, family and health care professionals. It is sponsored by the San Juan Basin Health Department's Community Care Team and Southwest Center for Independence. RSVP to Sharon at 970-259-1672 ext. 2 by Friday, March 9.



Off Piedra Road — Look for "Smiles" the Red Truck

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For existing patients — bring us a new patient (friend, family or coworker) for exam and x-rays and **BOTH** of you get a **FREE** Sonicare

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## Photography, Art & Poetry Contest

Help our community become of how important our water is to everyone here in Colorado by sharing your talents. Please submit a short poem or story with artwork (photograph, drawing, paintings, ect.) on a single page. Please keep entries to an 8 1/2" x 11" page with your name and phone number attached. If you are a student, please include your current grade. Winners will be chosen and prizes will be awarded. Submit your work in person, by mail or email by March 26th to: Ignacio Community Library 470 Goddard Ave., P.O Box 886, Ignacio, CO 81137, or email to [dcook@ignaciolibrary.org](mailto:dcook@ignaciolibrary.org).

## Happy birthday wishes

To my lovely son Stais, Sixteen years old, WOW! Happy 16th Birthday! Sixteen years ago today I was blessed with your birth. Since that day, there have been many memories we have made together with many more to come in the future. You are such a wonderful son. I LOVE YOU DEEPLY and are so proud of you even when you make mistakes but learn from them. It gives me pleasure to wish you a day full of joy and happiness, and may you have many wonderful memories. Tomorrow you will remember your amazing birthday. May you continue on your journey to a life full of wonderment and adventures.

Love,  
Mom



### Happy birthday wishes

We would like to extend your belated birthday wishes to our dad, grandpa and great-grandpa Bennett whose birthday was on the March 2. To our nephews, great nephews and sons: Jesus, who turned 6 on March 1 and Stephen, who turned 1 on March 3. We love you guys so much and pray that the good lord watches over you all the time. Dad, you are the best dad, who is so kind and generous and to you little runts, you have grown so much and someday you will have your own sons to love. Love always, Luana, Becky, Frank, Keith, Shawn, JoGenia, Elena and Abel, your aunts, uncles, brothers and cousins

To my crazy brother Stais, Happy 16th Birthday! Have fun on your birthday J From lit brother, Dermarr

A Happy birthday wish: To my brother Stais, Happy BIG 16th Birthday I'm sad when I'm not with you and I LOVE YOU! J From sister, Autumn-Bahozho

